

MAGDI YACOUB  
**GLOBAL HEART**  
FOUNDATION

## Ballana Heart Study

The Magdi Yacoub Global Heart Foundation is committed to furthering research that will advance and deepen the global understanding of heart disease. A portion of this research is dedicated to population studies, such as the 30-year Ballana Heart Study that is being carried out at the Aswan Heart Centre. Ballana is a small village near Aswan with a stable population that is accessible to Aswan Heart Centre researchers, has a strong community spirit, and carries an eagerness to contribute positively to our mission.

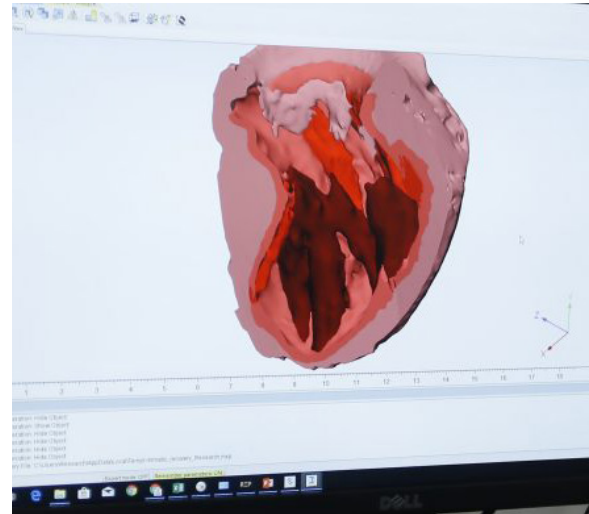
The aim of the Ballana Study is to define the genetic indicators, risk factors, observable characteristics, and genetic components of cardiovascular disease. This study will be conducted over a 30-year period, with data collection beginning in January 2018. Beyond the initial collection of pillar data for the study, an agreement has been signed between the Aswan Heart Centre and Ballana residents, and the team has also received government approval to launch and proceed with the study.

Our objectives are to define the frequency, nature, and severity of cardiovascular diseases affecting the people of Ballana. We also hope to define the cardiovascular proteins, genes, and risk factors as well as their association to cardiovascular disease. In order to accomplish these goals, a random sample of 1,000 households was created to determine a baseline screening of participants such as demographics, notable risk factors, and unique genetic indicators. We will then perform a cross-sectional data analysis and report on this information throughout the 30-year study period.

Importantly, we have recruited a Ballana resident to serve as the community liaison officer, which is essential to our integration into Ballana—as it furthermore showcases our commitment to treat the people of Ballana with respect and transparency throughout the study process. In addition, our team is guided by a Steering Committee chaired by a Principal Investigator, and including two Senior Clinicians, two Senior Scientists, one Senior Manager and one Epidemiologist.

After 3 years, a first follow-up will be done with all participants to check for cardiovascular events of interest and any changed in risk factors or genetic indicators. This follow-up will be continued every 3 years for 30 years in order to conduct conclusive data analysis on all participants over-time and then report on our findings.

We look forward to our continued cooperation with the community in Ballana, and to sharing updates from the landmark study. We have already made a home-away-from-home in the village, and progress pictures showing the before and after of our Ballana offices can be seen below!



Exterior

Before



After



Interior



New Green Space

